

# **11th MEU (SOC) Pre-Deployment Brief**



# **Commanding Officer**

## **Colonel J. W. Bullard**



# **11th MEU**

**Key Volunteer Network**

**Mrs. Tammy Impellitteri**



**United Through Reading**

**Suzan Caughlan**

# UNITED THROUGH READING®



**[www.unitedthroughreading.org](http://www.unitedthroughreading.org)**

# UNITED THROUGH READING® **OVER 200,000** **SERVED**



**Deployed military  
personnel  
communicate with  
the children in  
their life through  
the medium of  
reading stories  
aloud on videotape**

**[www.unitedthroughreading.org](http://www.unitedthroughreading.org)**

**/ DVD**

# **“FULL CIRCLE” Communication**

**READ BOOKS ALOUD ON VIDEOTAPE  
OR DVD AND SEND RECORDING HOME**

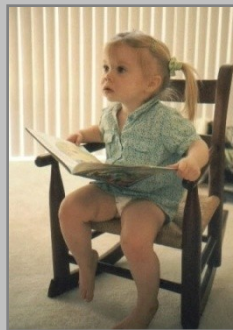
**SCHEDULE TIME FOR  
ANOTHER RECORDING  
SESSION**

**CHILD WATCHES TAPE  
(FOLLOWS ALONG  
WITH THE BOOK)\***

**Email  
Photo**

**SHARE RESPONSES WITH  
DEPLOYED LOVED ONE**

**CAPTURE CHILD’S  
INTERACTION RESPONSES**



**\* Only send home  
personal books**

**[www.unitedthroughreading.org](http://www.unitedthroughreading.org)**

# UNITED THROUGH READING®

WHO IS

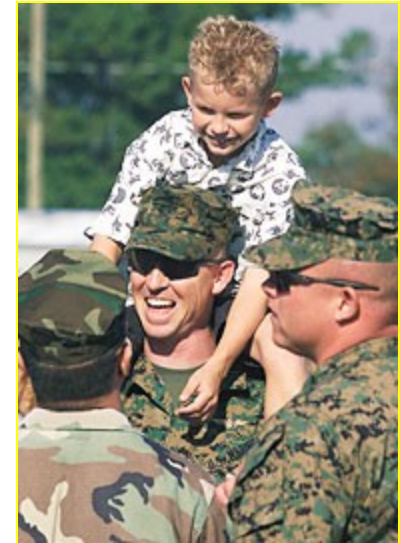
INVOLVED?

Parents

Extended Family

Mentors/Role

Models



**“Adopt-a-Classroom”**

**People who love  
children!**



# UNITED THROUGH READING® **NEW PARENTS**

**Baby will know your voice and  
face**

**Bonding opportunity**

**Parenting support**



# UNITED THROUGH READING® EMOTIONAL BENEFITS

- Reduces anxieties
- Eases homecomings
- Improves morale
- Shows parenting support
- Helps continue family traditions
- Promotes self-esteem in children



United Through Reading®  
Military Program

[www.unitedthroughreading.org](http://www.unitedthroughreading.org)

# **UNITED THROUGH READING<sup>®</sup> EDUCATIONAL BENEFITS**

- **Language and vocabulary development**
- **Creative thinking and active imagery skills**
- **Increased attention span**
- **Comprehension and listening skills**
- **Modeling the importance of reading**

# UNITED THROUGH READING®

**GOAL: AVAILABLE DoD  
WIDE**

**CSG, ESG, SSG, NMCB  
1MEF/IIMEF/IIIMEF  
Overseas Land Bases  
OIF Forces/OEF Forces  
National Guard and**



**Receives**



**At selected US and  
Overseas USO  
Centers**

**[www.unitedthroughreading.org](http://www.unitedthroughreading.org)**

# **UNITED THROUGH READING®**

## **HOW TO GET INVOLVED**

- ✓ **Pack a Book/Send a Book**
- ✓ **Full Circle of Communication**
- ✓ **Homefront/Active Duty  
Volunteers**
- ✓ **Review List of Current Sites**



**United Through Reading®**  
Military Program

✓ **Combined Federal**  
**Government** **#11202**

[www.unitedthroughreading.org](http://www.unitedthroughreading.org)

# ***Reading Together Unites Families***

## **High Reading®**



**Proud Member of Combined Federal**  
**Campaign #11393**

**Email:**



# PRE-DEPLOYMENT BRIEF

## ***11<sup>th</sup> MEU COMMAND RELIGIOUS PROGRAM***



***Chaplain Perry D. Haagen  
LCDR, CHC, USN***



# Deployment

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- It is a difficult time, but it can be done. It does, however, require some adjustments. You can help make the adjustments easier by considering some things:

**Goal:** Success versus simply survival

**The Key:** Knowledge

Understanding the Emotional Cycle of Deployment  
- It's Predictable!

**Keep in Mind:**

Changes in Both You and Your Family

Change is neither good or bad, but **Changes cause stress!**



# Emotional Cycle of Deployment

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## Deployment Adjustment Stages

### **Pre-deployment**

*Getting ready both physically and emotionally for the departure.*

### **Deployment**

*Coping with the separation on a daily basis.*

### **Post Deployment**

*Homecoming and re-acquaintance of family members.*

# Pre-Deployment

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## STAGE ONE

### ANTICIPATION OF LOSS

4-6 weeks prior

Spouses: Denial - Pain

Marine/Sailor: Busyness

Spouse: Angry & Resentful

Marine/Sailor: Guilty

## STAGE TWO

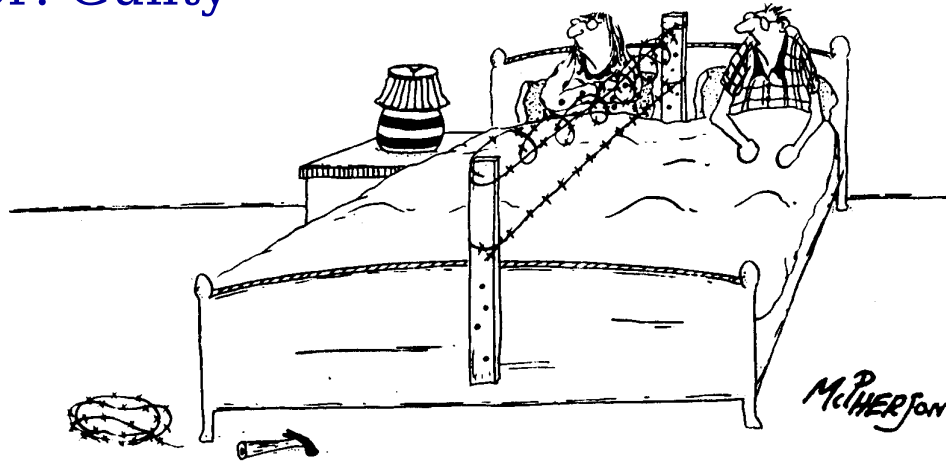
### DETACHMENT & WITHDRAWAL

Last week before Deployment

Most Difficult: Life Out Of Control

Intimacy is Difficult

The Pre-Deployment "Fight"



*"APPARENTLY I HAVE DONE SOMETHING  
TO UPSET YOU."*

# Deployment

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## STAGE THREE

### Emotional Disorganization

Shock, Relief...And...Guilt

“What am I going to do with  
this “Hole” in my life?”

Tougher on the “Stay-at-home”  
Spouse



## STAGE FOUR

### Recovery and Stabilization

“Ok and Surviving”

New patterns and routine

“Single, but married”

Military Spouses

*More mature and independent*

## STAGE FIVE

### Homecoming Anticipation

4-6 weeks before return

Anticipation / Apprehension

Marriage Re-evaluation

*High Divorce Potential*

Have I changed too much?

*Good or bad change*

Does he / she still need me?

Moving beyond need

# Post Deployment/Reunion

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## STAGE SIX

### Renegotiation of Marriage Contract

Together physically but not yet emotionally.

From “single” to “couple” again.

A Sense of Loss:

*Of Independence*

*Of Burden of responsibilities*

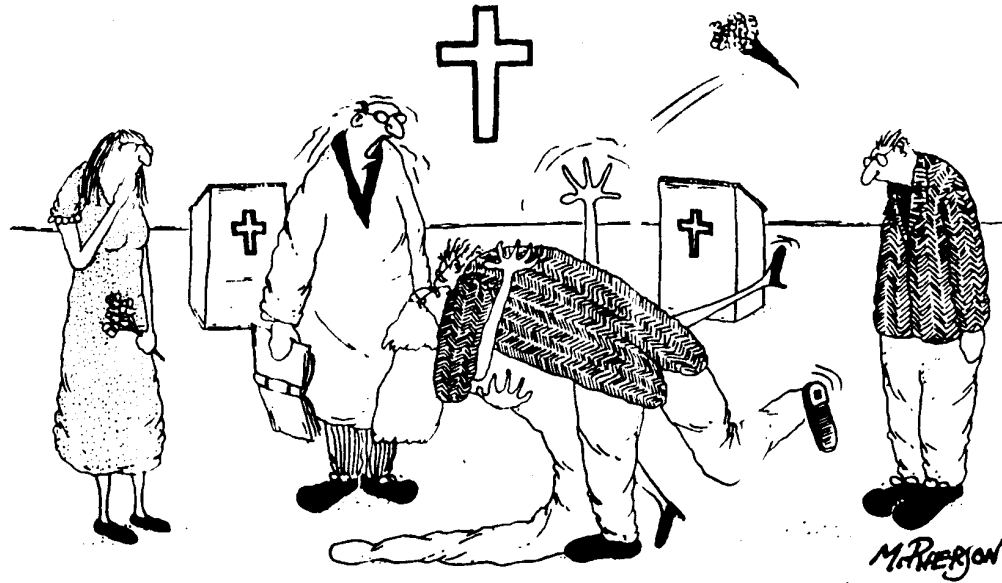
*Of Routine*

Changes must be accommodated.

A chance to re-evaluate:

*Determine a new direction*

*Renewed relationships*



## STAGE SEVEN

### Reintegration & Stabilization

Within 4-6 weeks after homecoming

From “My” to “Ours.”

Comfortable again with each other.

# Pre-Deployment

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- **The Pre-deployment Period of the cycle is the time to:**
  - Express Your Feelings - Be as open as possible with each other about what you are thinking and feeling. Talk about concerns and fears that involve the separation. Talk about your relationship.
  - Discuss the practical... like financial matters and car maintenance.
  - Make appropriate plans for communication during deployment. Include plans for emergencies as well as for routine contact.
  - Separate on a positive note with solid goals and clear expectations.
  - Maintain a stable family environment so children can continue to thrive in an atmosphere of emotional and physical safety.
  - Anticipate and plan for the homecoming and reunion period in order to provide a renewed connection and continuity.

# Deployment Preparation

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- **Individual Goals** and individual space are an important part of any good relationship. The sharing of individual goals and achievements will bring a couple closer together. Each spouse will see the relationship as a place where their own personal happiness is nurtured and supported.
- **Couple goals**, couple time and couple privacy are necessary to nurture a relationship, maintain intimacy, and foster growth. This should be a priority, not left to chance. The closer parents are, the more secure the children feel.
- **Family Goals**, plans, and time together are also necessary for family satisfaction, growth, and cohesiveness. Children learn to feel good about themselves through seeing their parent's loving behavior.

# Pre-Deployment

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- A **flexible family structure** makes adjusting to deployment easier. When spouses work as a team and flexibility in roles and tasks in a partnership, spouses can switch roles and shift gears more easily. Family life is able to continue with a minimum of trauma and upheaval.
- Use the separation as an opportunity to explore yourself and expand your horizons. Go beyond just survival to a level of learning and growing.
- Take small steps if you need to, because change takes us out of our comfort zone and can make us anxious. The more you do, the more you will be able to do.
- Confidence and self-esteem will increase. As you mature and increase in competence, you will be able to bring more to your marriage.
- Spouses need to talk to each other about these things to reassure each other, to support each other and delight in the other's growth.

# Deployment Preparation

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- Children learn by observation and will approach separation as their parents do.
- Children need to feel that things will go on much as they have before, that their parents will continue to love them and care for them even though there is a temporary separation.
- Children need to be allowed to express their feelings about the separation and to have those feelings respected.
- Plan ahead for some time as a couple and as a family -- then use these activities as an opportunity to set aside all of your other concerns and enjoy one another's company. Be sure to spend individual time with each child before you go.
- ***Encourage One Another*** - If your child (or your spouse, for that matter) is acting particularly quarrelsome or mischievous, help him / her to express his / her feelings about the deployment. Some children struggle to find the right words; with a little help they will be able to tell you what they are thinking.



# Coping With Deployment

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## Spouse

- ***Stay Connected.*** Don't isolate yourself. Continue to spend time with friends, support group, volunteer work, church, etc.
- ***Establish a Schedule,*** and then stick with it. Routines help with every age.
- ***Set Goals.*** Reading, hobbies, taking classes, etc.
- ***Plan a Trip.*** As finances allow, explore something new or visit out of area family.
- ***Look for Free Fun*** in MWR, newspaper, etc.
- ***Exercise.*** Check out the base gym or MWR. Join a class or start one.

# Coping Cont.

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## Spouse

- ***Talk With the Kids*** about deployment, phone calls & letters received. Keep photos nearby.
- ***Grown-up Talk***. Don't get "marooned" with the kids. Take time, socialize with other adults.
- ***Review the positive things from each day***. Positive self-feedback.
- ***Get Help***, if you stay "down" or depressed. Don't put it off.
- ***Special concerns?*** Contact the "safety net" -- the Chaplain, Key Volunteer, Psychologist, Medical, Legal and Admin., or MCCS and Navy-Marine Corps Relief Society.

# Coping With Deployment

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## Spouse

- *Email/Write on a regular basis.*
- *Take pictures and send them.*
- *Make tapes and share daily family life.*
- *Make phone calls at scheduled times.*
- *Contact your spouse through official channels only when necessary concerning emergency issues.*

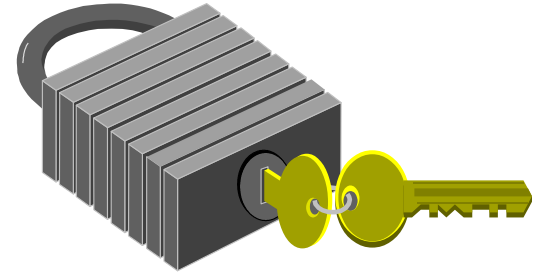


# Coping: Spouse cont.

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## Security Concerns:

- *Keep the home well-lighted.*
- *Use the “peep” hole in your door.*
- *Vary your routine occasionally.*
- *Have someone you “check-in” with regularly.*
- *Keep the emergency checklist handy.*
- *Get to know your neighbors.*
- *Take advantage of social invitations.*
- *Eat a well-balance diet.*



# Coping With Deployment

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## For Deployers

- ***Plan ahead for missed “special days”***
  - Buy special occasion cards before you leave ( birthdays, anniversary, “I love you”).
- ***Videotapes/DVD’s:*** Utilize the “United Thru Reading” Program.
  - Not just for those with kids
- ***Email/Write regularly to the family.***
- ***Send postcards from your travels.***
  - Young children love postcards.
- ***Send photographs of your training/working.***
- ***Call on as regular as basis as you can afford.***

# Communication

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## *For The Couple*

- ***Decide Ahead Regarding "Bad News"*** which must be shared with each other. Have a solution or accept the frustration on the other end of the line.
- ***Family Photos*** of the service member and spouse, family, and each child.
- ***Mail*** service can vary, but letters are more private than email or phone and can be re-read. Number each letter (it eliminates a lot of confusion).
- ***E-Mail*** is available at most deployed locations, on ship, and training sites. Be aware that connectivity isn't always good. No comms doesn't mean bad news!

# Preparing Children for Deployment

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- ***Talk.*** Talk to your children before it happens... about how you feel... and let them tell you how they feel (especially fears). Children need to know that the deployer's work is essential.
- ***Parent Time.*** The parent that's deploying needs to spend time with each child and with all the children together. Hugs and affection are always needed to reassure them, especially younger children.
- ***Patiently answer children's questions*** in ways that they can understand. Be willing to answer the same questions repeatedly, in a reassuring way. This helps children to process and organize their thought and feelings.
- ***Include the children in pre-deployment discussions.*** If children feel that they are important and valued family members, their self-esteem will be high, and their adjustment will be easier.

# Preparing Children for Deployment

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- ***Communications.*** Encourage the kids to talk about how they will keep in touch and how the deployer will keep in touch with them: letters, postcards, video and audiotapes, photos, drawings, etc. Build strong one-to-one connections with each child.
- ***Planning.*** Allow the kids to help pack, swap tokens (something small of each child's and something of the deployer's).
- **Make sure your children know that they will continue to be physically cared for.**
- **Children learn what they live with.** They will cope with deployments the way they see their parents coping.
- **Healthy loving families survive military separations, and can even grow closer from the experience.** Love, commitment, and good communication between family members are a must. Children need safety, affection, consistency, acknowledgment, and encouragement.



# Deployment for the Single Marine

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- **Go slowly**
  - Don't try to make up for the next six months before you go. Use your leave and free time to reduce your stress level, not increase it.
- **Spend time with your family**
  - Make a special effort to either spend time with them or, if geographically separated, call frequently to support and reassure them before you deploy.
- **Watch what you spend**
  - Avoid the "urge to splurge."
  - Don't make any purchases before you deploy that you can't afford.
- **Go easy on the alcohol.**
  - Again, don't try to make up for "lost time." See the area and don't just sit around the barracks with a six pack.
- **Set long and short-term goals.**
  - Deployment, just like reunion, marks a new beginning for you. Now is the time to start making plans for this deployment and for ten years from now.

# Questions?

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## 11<sup>th</sup> MEU RELIGIOUS MINISTRY TEAM

**LCDR Haagen**  
11<sup>th</sup> MEU CHAPLAIN

**RP2 Bejarano**  
11<sup>th</sup> MEU Religious Program Specialist

***Central Family Housing  
Office Pre-Deployment  
Brief  
25 Sept 07***

Prepared by: MSgt David A. Geiger

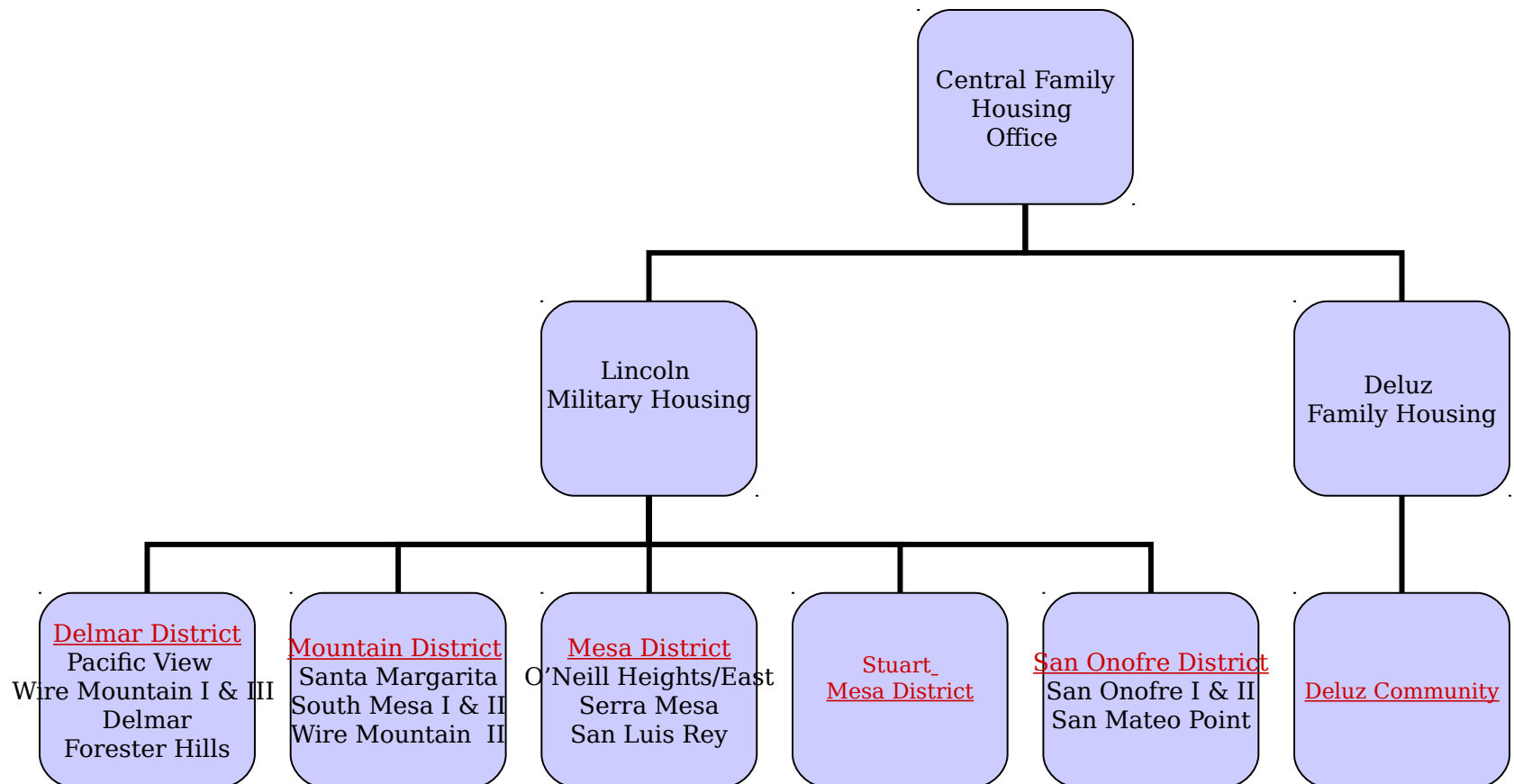
Housing Chief

MCB Camp Pendleton

# **Purpose**

To provide service members and spouses with the most current information pertaining to Public/Private Venture (PPV) before service members deploy.

# Family Housing Structure



# **Central Family Housing Office      Points of Contact**

- **Director:    LtCol Reid K. Merrill            725-1428**
- **Deputy Director:   Robert E. Marshall 763-4199**
- **Operations Officer: Jerry Gauch            725-1658**
- **Housing Chief:    MSgt David Geiger    725-1464**

# **Lincoln Military Housing Points of Contact**

- **Delmar District Manger: Susan Valdez  
760-400-0040**
- **Mountain District Manger : Tony Lewis  
760-430-8476**
- **Mesa District Manger: Melissa Seegel  
760-385-5320**
- **San Onofre District Manger: Nancy Goodman  
949-940-9178**
- **Stuart Mesa District Manger: Wendy Gibson  
760-430-0694**

# **Deluz Family Housing**

## **Points of Contact**

- **Community Director/Manager: Terry Lewis**  
**760-385-4835**
- **Leasing Supervisor: Delores Candleria**  
**760-385-4835**



# Awaiting Assignment to Quarters

- Ensure your contact information is current with the Central Family Housing Office so that they can reach you when housing becomes available.
- If you are on the housing wait list and you want your spouse to accept quarters in your absence you must provide him/her with a **Power of Attorney**.

# Residing in Base Housing

- Before service member deploy, a **Sponsor's Agreement** must be submitted to your local PPV District Office.
- If your family expects to be away from the home for more than 3 days, a request must be submitted to your local PPV District Office with current contact information.

# Residing in Base Housing

- Inform your district office of your housing plans

**Options 1:** Move out

**Options 2:** Status Quo

**Options 3:** Maintain resident with prolong  
absence

- Notify local PPV district office of any changes  
to eligibility status

# Residing in Base Housing

- Check all water and gas lines to unit.
- Check all windows and doors for security.
- Ensure all small appliances are disconnected.
- Vehicles aboard base must have current registration and DoD decals.

# Guest Policy

- Guest staying for more than 72 hours (3 days), must be registered at your local PPV District Office.
- Guest permits may be approved up to 30 days.

# **Storage of RVs, Boats, Trailers, POVs & Personal Effects**

- MCCS Recreations Checkout:  
760-725-5296/7519
- Base TMO for Personal Property/POV  
Storage: 760-725-3090
- Camp Pendleton Self Storage:  
760-385-1122/1123

# Miscellaneous

- Housing Issues/Conflicts
- Renters Insurance
- Pet Policies

# QUESTIONS

????



**10 Minute Break**

**MCFTB**

**Key Volunteer Trainer  
Deployment Readiness  
Coordinator**

**Deborah Smith-Porter**

**(760)725-6637**

**deborah.smith-porter@usmc.mil**

**Tracy Lusto**

**(760)763-1337**

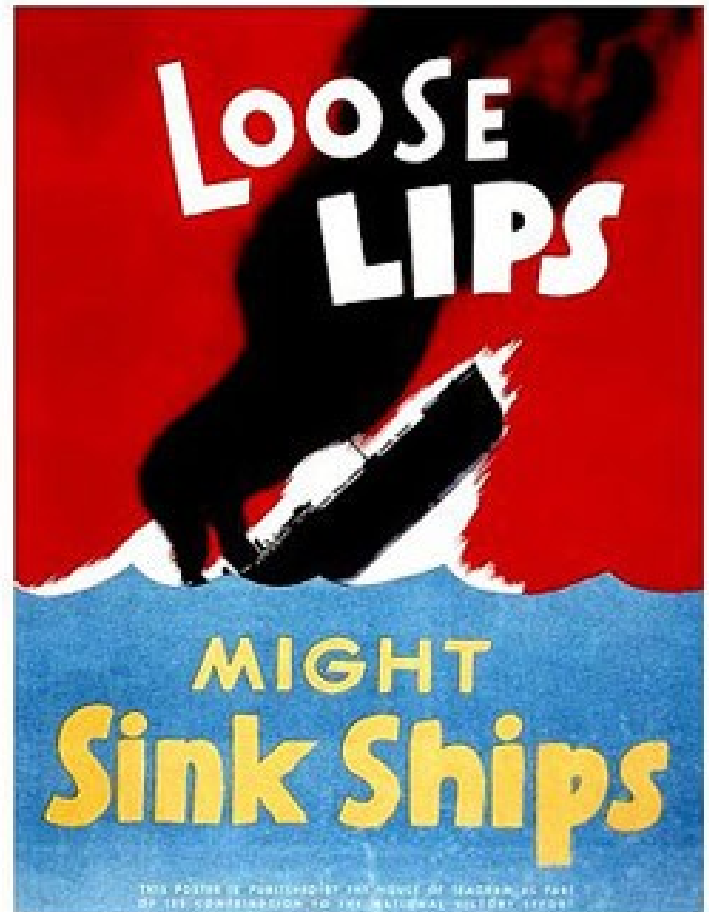
**tracy.lusto@usmc.mil**

# Operational Security for Marines and Families

LtCol Russell

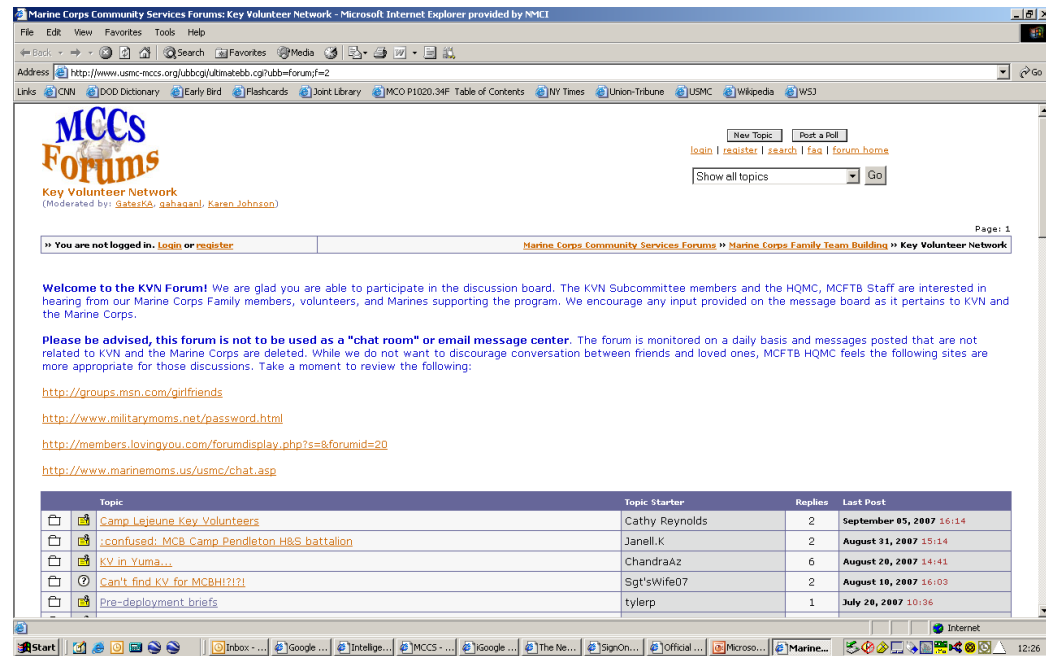
# What is Operational Security (OpSec)?

- OPSEC is keeping potential adversaries from discovering critical information.
- It protects US operations.
- Success depends on secrecy and surprise.
- Enemies of freedom want this information, and they are not just after the military member to get it.



# Websites

- A great way to share information but be careful what you post.
- Pictures and information have the potential to jeopardize safety.



# OpSec Violations by Deployed Service Personnel

[<--Previous](#) [Up](#) [Next-->](#)



[Previous](#) [Up](#) [Next-->](#)





# Army Sergeant Blog

I just realized its been almost a month since I updated. Nothing new has really happened though. Just another month down. **We are 4 weeks out now from leaving this place. our replacements are scheduled to arrive in under 2 weeks.** That will feel nice once they arrive. **We will be packing up a lot of our things in 2 weeks.** Hope everyone had a great Thanksgiving.

# Army Sergeant Blog

I started my QRF (quick reaction force) shifts a few days ago. QRF is if our platoons get attacked when they are out doing our missions, they call us and we go out to protect them and eliminate the threat. **Our shifts go for a week and last 12 hours. We are on 3pm to 3am.** The QRF has yet to be used since we have been here. Other than QRF we have still been very busy running missions. We have been a few new places in the past few weeks we haven't been before. **Leaves are almost all finished**, just a few more of our guys need to go still. **We are right around the 3 month mark**, and I really cant wait to get out of here.

Rules for Marines  
(or why they can't tell you  
everything)



## Rules for Unclassified Data Network (NIPRNET) and Commercial Telephone Use

### THIS IS NOT A SECURE MEANS OF COMMUNICATIONS

The use of this MCCS NIPRNET Café/Phone Center is a **privilege**. Anyone caught violating the rules of OPSEC over unclassified email or commercial phones will be **punished to the fullest extent of the UCMJ**. Use of this facility includes your consent to monitoring.

Following are a few examples of sensitive military information that must not be discussed using the equipment in this facility (i.e., phones, computers):

- Troop movements
- Future/Current operations
- Unit locations
- Unit size
- Unit & Equipment capabilities
- Operational timelines
- Radio Frequencies/Call-signs
- Names of staff NCO's/Officers
- Casualty Information
- Aircraft numbers/flight info
- Details of return dates
- Maintenance issues

**BOTTOM LINE: IF YOU'RE IN DOUBT, DO NOT DISCUSS IT!**

**YOUR FELLOW MARINE'S LIVES ARE AT STAKE**

By order of the Commanding General, Third Marine Aircraft Wing

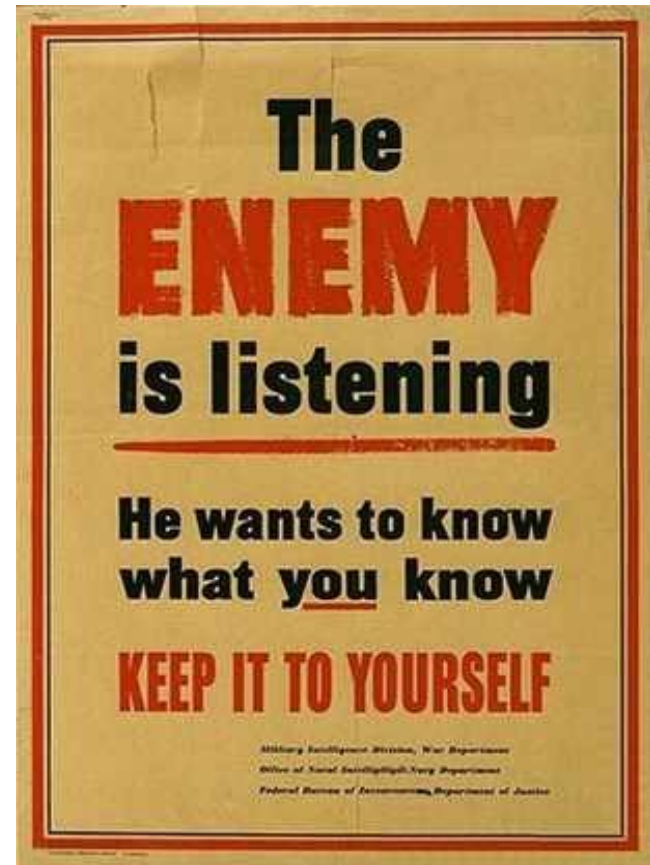
**This is a photo of the rules posted by the phones our Marines use overseas.**

# Marines Are Not Allowed to Discuss:

- Troop movement
- Future/Current operations
- Unit locations
- Unit size
- Unit & Equipment capabilities
- Operational timelines
  - "I'll be away from the phones for 2 weeks"
  - "I won't be able to call you for two days"
- Radio Frequencies/Call-signs
- Names of Staff NCOs/Officers
- Casualty Information
- Aircraft numbers/flight info
- Details of return dates
- Maintenance issues
  - "Our humvee is still being armored up"
  - "The supply truck is down this week".

# What Can Family Members Do?

- Be Alert
- Be Careful
- Protect Critical Information



# **ADMIN ISSUES**

- Adjutant – Capt Ball
- Postal Chief - SSgt Kunath
- Disbursing Officer – 1stLt Post

# **TOPICS**

- Navy Marine Corps Relief Society
- American Red Cross Messages
- Postal Issues
- Deployed Entitlements



# NAVY AND MARINE CORPS RELIEF SOCIETY

## Pre-authorization Forms

- Allows spouse to receive financial support from NMCRS in the amount the service member chooses (max amt \$3000).
- Will accept General/Special POA.
- Phone Number: (760) 725-5337/5338

AMERICAN RED CROSS  
MESSAGES

Telephone Number

1-800-951-5600

## WHO SHOULD SEND A MESSAGE?

- Anyone able to relay the following emergency information should contact the American Red Cross.

## REQUIRED INFORMATION

- Requestor's Name
- Relationship to Servicemember
- Requestor's Address & Phone Number
- Servicemember's Name, Rank, SSN
- Military Address

# DEATH

- Location of Remains
- Date of Death
- Local Point of Contact

# BIRTH ANNOUNCEMENTS

- No Labor Announcements unless the Baby's or Mother's Life is in Danger

## Serious Illness, Injury or Impending Surgery

- Doctor's Name and Phone Number
- Hospital Name and Phone Number
- Local Point of Contact Name and Phone Number

## MOST IMPORTANTLY

Patient or Relative needs to speak with the doctor and authorize the release of medical information to the Red Cross Caseworker before notifying the Red Cross.



# I ME --- MARINE EXPEDITION FORCES UNIT AL



# Type of Mail Sent

- **FIRST CLASS** (13 oz or less)
  - **Averaging about 7-10 days for delivery**
- **PRIORITY** (Over 13 oz. up to 70 lbs.)
  - **Recommended for packages.**
  - **Average about 7-10 days delivery.**
  - **FLAT RATE BOX (\$8.95 regardless of weight)**  
**(Great Value)**
  - **FLAT RATE ENVELOPE (\$4.60 regardless of weight)**
- **PARCEL POST** (Over 2 lbs. up to 70 lbs.)
  - **Slowest/Cheapest way to send packages.**
  - **Average about 8-14 days delivery.**
- **MOTO MAIL** (Email to Hard-copy letter)
- **NON-POSTAL (USPS)** carriers (i.e., FEDEX, UPS, DHL) are not handled by Military Postal Clerks.

PROPER PACKING IS  
A MUST



# **TIPS FOR PROPER PACKAGING**

- Recommend **NYLON FILAMENT FIBER TAPE OR MAILING TAPE**. Masking and scotch tape are **NOT AUTHORIZED**.
- Place **LIQUID** items such as salsa, lotion and beverages in separate zip lock bags.
- Always use the **SMALLEST** box possible.
- Always use **DURABLE** boxes.
- Use **BUBBLE WRAP/STYROFOAM POPCORN** when sending breakable items.
- Package items **TIGHTLY** to avoid shifting.

# **TIPS FOR PROPER PACKAGING**

- Never send **BULKY** items in an envelope (i.e., KEYS, RING, CASSETTE TAPE).
- Include the **RETURN** and **ADDRESSEES ADDRESS** inside the parcel.
- Use **INSURANCE** on packages that contain valuable items going to and from the U.S. and deployment site.

# **CUSTOMS REGULATIONS**

- All mail weighing **OVER 16 OUNCES** must be presented to a post office for mailing.
- All parcels being sent **FROM, TO or BETWEEN** an APO/FPO must bear a customs form.
- To assist customs and prevent damage to your package, include **KEY and COMBINATION** for locks when mailing sea-bags, foot lockers etc.
- Custom forms must be filled out in **DETAIL.**

# **MAILING RESTRICTIONS**

- **OBSCENE MATERIAL** (pictures, magazines, nude or semi-nude).
- **PORK** and **PORK BY-PRODUCTS**. (Country Specific)
- **LARGE QUANTITIES** of material contrary to the **Islamic** belief. Quantities for personal use are permissible. (Country Specific)
- For **additional restrictions**, contact your local military post office.
- **EXPRESS MAIL** not authorized.
  - If accidentally accepted at post office, request refund for overpayment.

# **PERSONAL DEPLOYED ADDRESS**

Rank, Full Name

COMMAND ELEMENT 11<sup>TH</sup> MEU  
(SECTION)

Unit Number 42520

FPO AP 96610-2520

**Barracks**

**Marines**

**Update your  
mailing**

**address via  
MOL**



# **OFFICIAL DEPLOYED ADDRESS**

COMMANDING OFFICER

Attn: (Section)

COMMAND ELEMENT 11<sup>TH</sup> MEU

**Unit Number 42520**

FPO AP 96610-2520

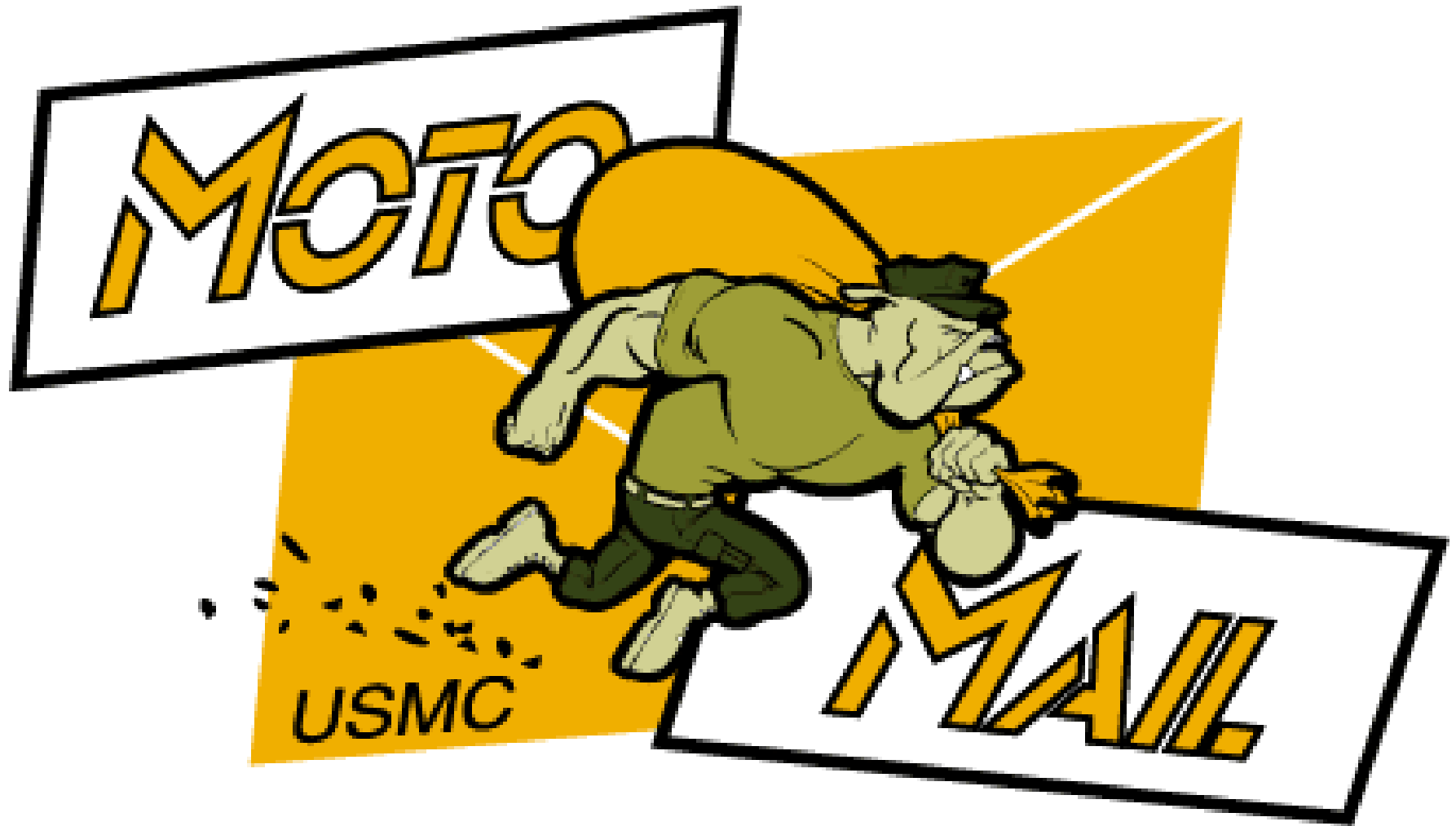


**FREE Postal Mailing Supplies**  
**Sent to your home (ask for military**  
**package) [www.USPS.com](http://www.USPS.com) 1-800-**  
**610-8734**



**10 Priority Boxes**  
**10 Mailing labels**  
**10 US Customs**  
**Forms**  
**1 Roll of Bubble**  
**Wrap**

***I MEF MotoMail***



# MotoMail Definition

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Free USMC system that delivers sealed letters submitted via the Internet from anywhere and is usually delivered within 24 hours or less

# How Does It Work?

**(3) Downloaded  
from website  
Anytime**



**(2) Sent to  
MotoMail Server**



**(1) Submit via any Internet  
PC from Anywhere**



**(4) Printed in Unit  
# order on any PC  
with a Print-2-Mail  
Folder/Sealer  
Anytime**



**(6) Letter  
Read & Re-read**



**(5) Delivered  
thru unit mail  
call**

# What is MotoMail?

- **FREE** Internet based letter delivery system
  - Family and Friends of Marines and Sailors
- Completely private, secure and confidential
- Senders get 3 tracking stages:
  - When submitted, downloaded and when printed
- Sender **ONLY** needs to know recipients mailing address, **NOT** location
- MotoMail letters print by location
  - Unit determines 1<sup>st</sup> and last day of service
- Ready for delivery usually within 24 hours at the serving Military Post Office
- MotoMail delivered via unit mail call
- MotoMail address is the same as issued by USMC Postal for regular mail

# What MotoMail CAN'T do

- NOT available worldwide for delivery
  - Currently available in Iraq and Afghanistan
- NO enclosures allowed
- MotoMail CAN'T be sent FROM Ships to the U.S.
- MotoMail can not be delivered to a Non-Marine address.

# MotoMail Stats

Dec 4, 2004 - 27 May

2007

- **80%** go to Cpls and below in Combat Arms MOS that don't have regular e-mail
- Registered Users - 241,683
- MotoMails Created - 1,807,596
- MotoMail Web Site Hits - 5,009,623
- Average about 2,154 MotoMail per day
- Senders from all 50 states & 131 countries
- There are Army, Navy & Air Force units at USMC Camps receiving MotoMail
- Marine Program only but supports other services at Marine Camps



## Website



MotoMail.us - Communications at the Speed of Life! | Powered by SuperLetter.Com - Microsoft Internet Explorer provided by Marin

File Edit View Favorites Tools Help


Due to the overwhelming success of the MotoMail system we are temporarily forced to limit all MotoMails to 1 page only per le Member Login

© SuperLetter.Com, Inc.™

Members New User Options Support The Troops Feedback Business Help

**"Family and friends of deployed Marines in Iraq can NOW send a letter to be downloaded, printed, and ready for delivery, usually within 24 hours. THE SERVICE IS FREE, PRIVATE and SECURE."**



**Member Login**  
Required fields are indicated with \*

Email Address  \*

Member Password  \*

Visitors Since: January 01, 2005 : 1911786 Today : 4978

Internet

# www.MotoMail.

## us

### Website Features

- Address Book
- Letter Status Report
- Tell-A-Friend – Spread the news
- Customer Care Inquiries
  - Suggestions, Problems & Help
- Support the Troops – not to a specific Marine
- Chat Board – family members to communicate
- Customer Feedback about MotoMail service
- News & Media – Handouts, Posters & News
- Frequently Asked Questions (FAQ's)

# **MotoMail POC Info**

## **I MEF POC**

**CWO3 Donald J. Darling  
Box 555001  
Camp Pendleton CA 92055-5001**

**DSN 361-1196  
Comm. 1-760-763-1196  
E-mail:  
[mcbcampenpostal@usmc.mil](mailto:mcbcampenpostal@usmc.mil)**

## **HQMC POC**

**MotoMail Info:  
MotoMail Toll Free 1-877-763-  
2542  
Website: [www.motomail.us](http://www.motomail.us)**



MotoMail.us - Communications at the Speed of Life! | Powered by SuperLetter.Com - Microsoft Internet Explorer provided by Navy

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Media Print Mail News RSS Feeds

Address <http://www.motomail.us/default.cfm> Go Links

**to be downloaded, printed, and ready for delivery, usually within 24 hours.  
THE SERVICE IS FREE, PRIVATE and SECURE."**



**Member Login**  
Required fields are indicated with \*

Email Address  \*

Member Password  \*

Visitors Since: January 01, 2006 : 106490 Today : 4481



Powered By SuperLetter.Com,Inc.  
Global Communications at the Speed of Life!





Start | Internet

Inbox - Mic... Retired FW: 1ST ML... Microsoft Of... MotoMail.u... Movie Show...

11:04

# **Any Questions?**

- **Military Post Office**
  - **725-5769**
  - **763-1196**
- **[www.Superletter.com](http://www.Superletter.com)**
  - **50 cents per letter (Jan 06)**
- **“We can’t fix it, if we don’t know”**

# 11<sup>th</sup> MEU DISBURSING

- Disbursing Officer – 1stLt Post
- Disbursing Chief – SSgt Villegas
- Disbursing Agents
  - Sgt Dryer
  - Cpl Foote
  - Cpl Lovos

# **Deployed Entitlements**

# Ship and Shore

- Family Separation Allowance
  - \$250 month
  - Prorated Daily ( $\$250/30 = \$8.33$  a day)
  - Marines with dependents
  - Starts the day of embark, stops day of debark
  - Must be away from PDS continuous 30 Days
  - Any location away from PDS



# Ship and Shore (cont.)

- Combat Zone Tax Exclusion
  - Basic Pay not subject to Federal or State tax withholdings while in a combat zone
  - In a combat zone for one day, tax excluded for the month
  - Iraq, Kuwait, Saudi Arabia, Oman, Bahrain, Qatar, United Arab Emirates, Afghanistan and all waters surrounding the Arabian Peninsula.

# Ship and Shore (cont.)

- Combat Leave (CLB)
  - Leave earned only when in CZTE status
  - First leave to be used when Marine uses or sells leave
  - Base Pay is not subject to taxes when used
  - No benefit from using this leave when tax exclusion is still running in the same month

# Ship and Shore (cont.)

- Hostile Fire Pay (HFP/IDP)
  - \$225 month
  - Earned only while in combat zone
  - Monthly entitlement (in combat zone for one day, receives entire amount)
  - Iraq, Kuwait, Saudi Arabia, Oman, Bahrain, Qatar, United Arab Emirates, Afghanistan and all waters surrounding the Arabian Peninsula.

# Shore only

- Hardship Duty Location (HDP-L)
  - \$100 month
  - Prorated Daily ( $\$100/30 = \$3.33$  a day)
  - Must be in area for 30 or more continuous days
  - Cannot receive HDP-L and Career Sea Pay concurrently
  - Iraq, Kuwait, Afghanistan, United Arab Emirates and others

# Shore only (cont.)

- Deployed Per Deim
  - \$3.50 a day
  - Paid daily when serving in a combat zone ( $\$3.50 \times 31 = \$108.50/\text{month}$ )
  - Starts the day after going ashore, stops the day before returning to ship
  - Iraq, Kuwait, Afghanistan, United Arab Emirates and others

# Ship only (cont.)

- Career Sea Pay
  - Amount varies depending on rank and cumulative years of sea duty
  - Prorated Daily ( $\$70/30 = \$2.33$  a day)
  - Must be stationed aboard ship TDY or PDS
  - Starts on embark, stops day of debark
  - Cannot receive Career Sea Pay and Hardship Duty Pay Location (HDP-L) concurrently, stops on the 30<sup>th</sup> day if ashore for temporary duty

# Ship only (cont.)

- Field Rations
  - \$7.70/day deduction for meals while messing is provided aboard ship
  - Starts the day of embark, stops the day of debark
  - No checkage when ashore serving in a combat zone



**MyPay**  
**In your**  
**Control!**



# How does it benefit you?

- Review and Print current and previous 11 LES's
- Savings Deposit Program Transactions
- Start, stop and change allotments
- Change Direct Deposit Information
- Elect and change split pay amount
- Review and Print Tax Statement (W2)
- Start Savings Bonds

# Logging on to MyPay

- Open Internet Explorer
- Enter the MyPay address in the internet address field.
- <https://mypay.dfas.mil>
- Passwords are available from Main Disbursing Office (Bldg 1164), or from MEU Disbursing Office

# Login Screen

The screenshot shows the myPay login interface. On the left, under 'Account Access', there are two steps: '1. Please Enter LoginID:' with a text input field, and '2. PIN:' with a PIN input field and a 'GO' button. Below the PIN field is a 'Virtual Keyboard' with a grid of keys. A red arrow points from the text 'Enter PIN using the Virtual Keyboard' at the bottom to the PIN input field. Another red arrow points from the text 'Login ID' to the LoginID input field. The right side of the screen features the myPay logo, a navigation bar with links like 'Security', 'Privacy Notice', 'FAQs', etc., and a section titled 'myPay puts you in control' with a DFAS logo and descriptive text. Below this is a red banner for 'Important Security Information' with a link to 'Protecting Your Personal Data'. Further down is a 'NEW' badge and the text 'Read Important Security Information before logging in'. At the bottom, there are sections for 'Hot Topics' (with links for VA Benefits, Active Duty, and Guard/Reserve) and a 'NOTICE !!!' section with information about a new policy signed on April 29, 2005.

**myPay**

Security | Privacy Notice | FAQs | System Schedule | System Usage | Contact Us

**Account Access**

1. Please Enter LoginID:

Use the [VIRTUAL KEYBOARD](#) below to enter your myPay PIN and select "GO". A virtual keyboard has keys that display in random order and will deter others from learning your PIN.

2. PIN:

GO

**Virtual Keyboard**

8 5 0 3 3 1 7 6 9 4

Backspace Clear

E Y P T W Q I U R O

J G K D H F A S L

Z C V M B X N

**Need a New PIN?**

New PIN

**myPay puts you in control**

**DFAS**

myPay allows you to manage your pay information, leave and earning statements, W-2s and more.

myPay puts more information and services at your finger tips. Brought to you by DFAS...

**Login ID**

*Your Financial Partner @ Work*

**Important Security Information**

[Click Here for information on Protecting Your Personal Data](#)

**NEW** Read Important Security Information before logging in

To better protect your myPay PIN, DFAS has installed a [VIRTUAL KEYBOARD](#) for you to enter your myPay PIN. This keyboard reduces threats from malicious software (e.g. spyware, keyloggers, etc.). The virtual keyboard displays the keys in random order and requires you to click on the appropriate key with your mouse. To learn more about this feature, see our [Security FAQs](#).

**Hot Topics**

**Do you know about VA Benefits?**

[Active Duty](#)

[Guard/Reserve](#)

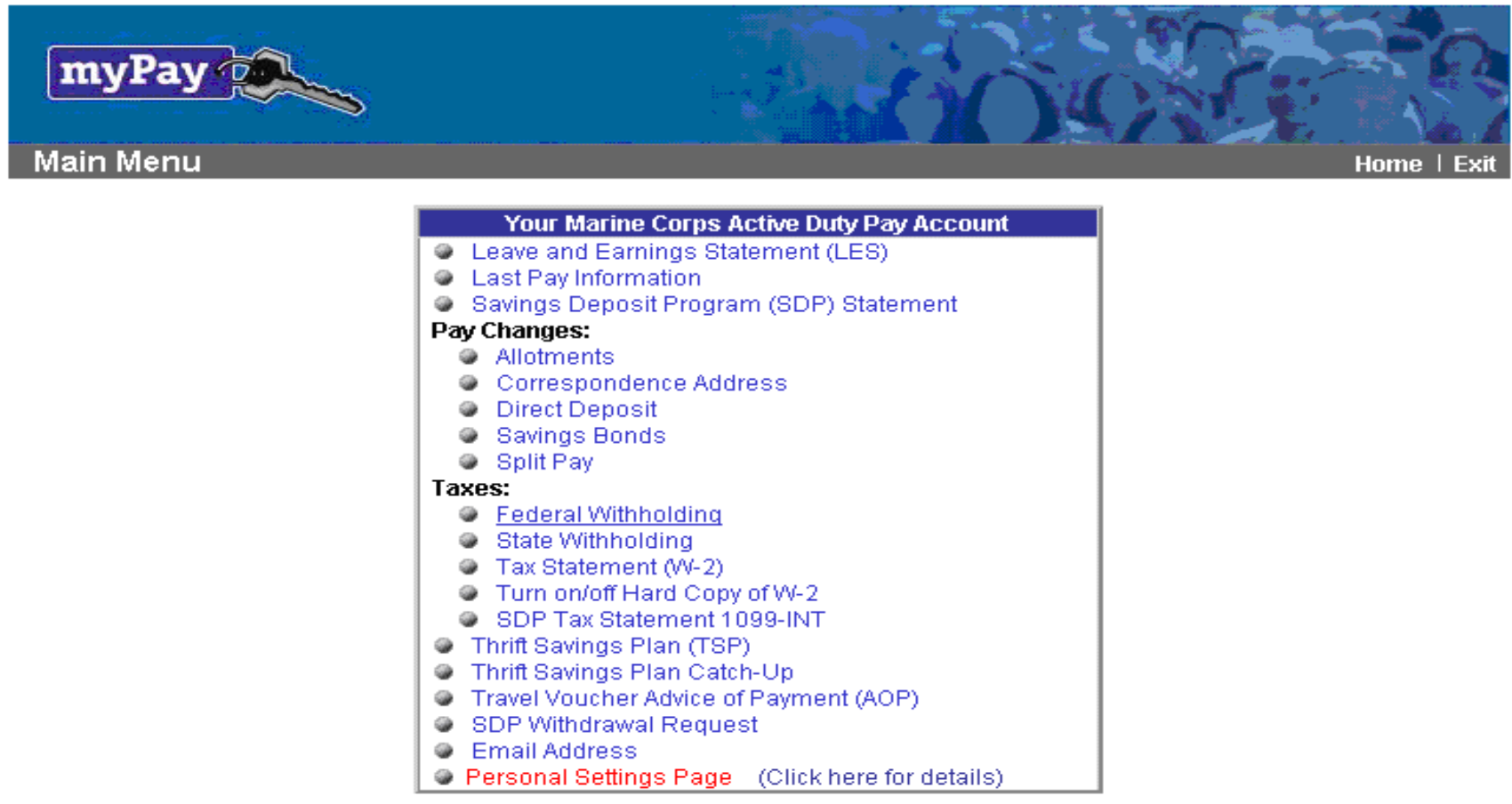
**Just completed your PCS?**

**NOTICE !!!**

On April 29, 2005, the Under Secretary of Defense Comptroller and the Under Secretary of Defense for Personnel and Readiness signed the new Policy for Electronic Wage and Tax Statements and Leave and Earning Statements. [Click here for the Electronic Policy Memo.](#)

**Enter PIN using the Virtual Keyboard**

# • Main menu navigation screen



- 18 U.S.C. § 1030 prohibits unauthorized or fraudulent access to government computer systems. If the Social Security Number associated with this action is not your Social Security Number, you are in violation of this law and should exit this system immediately. Completing this action may subject you to a fine of up to \$5,000 or double the value of anything obtained via this unauthorized access, plus up to five years imprisonment.
- For Marines, during the mid-month and end-of-month U&E, we may experience difficulty reaching your pay system. Please try again later.
- Travel Voucher View is available for Vouchers paid by all DFAS sites (except DFAS-Denver) within the last six (6) months.

# ALLOTMENTS

## Information Required:

- Account Number and Account Type
- Routing Number
- Amount (can not be more than total entitlements – total deductions)

## Direct Deposit Information change

- Required information:
  - Account Number and Routing Number
  - Account Type (Checking or Savings)

# Split Pay

- Required:
  - Selected amount the Marine is setting aside from regular pay for personal use while deployed.
  - Marine may elect up to one-half of their take home pay.
  - \$5.00 increments only

# QUESTIONS?

- **Entitlements**
- **MyPay Website**
- **Contact Information:**
  - **Camp Pendleton Phone: 763-0735**
  - **Camp Pendleton e-mail: travis.post@usmc.mil**
  - **USS Tarawa Phone: ext. 7627**
  - **USS Tarawa e-mail: posttr@tarawa.usmc.mil**

**MAJ L. J. FRANCIS**  
**STAFF JUDGE ADVOCATE**

**PRE-DEPLOYMENT BRIEF**



# ESTATE PLANNING

- **Will** – Document directing the disposition of your property after you die.
- **Intestate Succession** – State Law directing the disposition of your property after you die, if you die without a will.
- **Probate** – Court proceeding which ensures your estate passes according to law to the rightful heirs.
- **Trust** – Document in which you divide your present and future possessory interest in your property. You keep the right to manage the assets while you are alive, while giving the future rights to another.
- **Powers of Attorney**
  - General – All legal rights.
  - Special – Certain legal rights
  - Care of Children – Allows others to get things done on behalf of children.
  - Living Will – Medical decisions if you become incapacitated.

# Service Members Civil Relief Act

- Protections
  - Interest on Loans (Activation)
    - Interest on Pre-Service consumer debt loans reduced to 6%.
  - Service of Process (Deployment)
    - Civil proceeding stayed for minimum of 90 days
  - Termination of Leases (Deployment)
    - Dwellings and automobiles
  - Eviction (Deployment)
    - Dependents

# Joint Legal Assistance Office Bldg 22161, Camp Pendleton (760)725-6558 Hours: 0730- 1630

## What They Do:

- Basic Estate Planning
- VITA (Tax Filing)
- Basic Family Law
- Contract/Lease Review
- Provide Basic Legal Advice on Civil Issues

## What They Don't Do:

- Represent You In Civil Court
- Represent You in Criminal Court
- Complex Estate Planning

QUESTIONS ?



# Medical Issues

HMCS Luis Najera

# TRICARE

- DOD health care plan
  - Lets members choose where they go
  - Available to all certified dependents
  - Must sign up at NHCP
  - Info: (800)-242-6788
  - If moving from area (>30 days), must “transfer” coverage to new area

# DENTAL

- United Concordia provides DOD coverage
  - Available for all certified dependents
  - Numerous dentists throughout USA
  - Sign up through S-1
  - Minimal cost, maximum benefit

# Pre-deployment Checklist

- Are all of non-deploying spouse's immunizations and those of their children up to date?
- Does non-deploying spouse know where their health and dental records and those of their children are kept?
- Does non-deploying spouse know how to access military medical facilities and TRICARE and other assistance personnel?
- Are all family members enrolled in DEERS? Call 1-800-538-9552 to check DEERS status



# How to get to the Family Information webpage on the 11th MEU Website

Type in the below address onto your web browser and click on the links within the page.

<http://www.usmc.mil/11thmeu/familyinfo.htm>

11th Marine Expeditionary Unit

## Family Information

This information provides links to resources for the families of the Marines and Sailors of the 11th MEU.

Click on the link to download the [11th MEU Command Element 2008 Pre-Deployment Brief](#)

<a href="#">A Letter From the CO</a>	<a href="#">From the Chaplain</a>
<a href="#">Key Volunteer Network Information and Referral Resource Guide</a>	<a href="#">MCCS One Source</a>
<a href="#">Camp Pendleton Family Information</a>	<a href="#">How to contact your Marine or Sailor</a>
<a href="#">How to practice Good Operational Security</a>	<a href="#">How to send a Red Cross Message</a>

### Pay Matters

<a href="#">Deployed Entitlements</a>	<a href="#">Login to MyPay</a>
<a href="#">Make changes to MyPay Allotments</a>	<a href="#">Make changes to Direct Deposit</a>
<a href="#">Edit Split Pay</a>	<a href="#">Free Downloads</a>

Click below to view ["Pacific Pride,"](#) the 11th MEU's Monthly Newsletter

**Go to**  
**<http://www.pendleton.usmc.mil/KVN/IRGuide.doc>**

**The**  
**Camp Pendleton**

**Key Volunteer Network Branch**  
**Information and Referral**  
**Resource Guide**

# Camp Pendleton Family Information go to: <http://www.mccscamppendleton.com> /

| [E-NEWSLETTER SIGN-UP](#) | [SPONSORSHIP](#)

**mccsCP.com** Camp Pendleton

[Home](#) [Family Services](#) [Recreation](#) [Shopping / Services](#) [Food & Entertainment](#) [Lodging](#) [Jobs](#)

## event calendar

3 MONTHS OF ACTIVITIES

## downloads

ITT PRICE LIST  
PHONE DIRECTORIES  
CALENDARS & MORE

## movie schedule

GREAT PRICES,  
GREAT MOVIES, TAKE A LOOK

## homecoming support

HAVE A HOMECOMING?  
WE CAN HELP!

**MCCS '07 Strategic Plan**  
click to download your copy

Camp Pendleton  
Officers' and SNCO Clubs  
PRESENT

*The Rancho Santa Margarita  
Winefest*  
at the Ranch House  
Saturday, October 20<sup>th</sup>  
4-8pm

Open to Officers, SNCO's,  
Civilian Equivalents & Guests

[CLICK HERE FOR MORE INFO](#)

**FAMILY LIFE**

**Family Life**




Volunteer Expo Sept 27 11am - 2pm  
Mainside Concourse.

**RECREATION /SEMPER FIT**

> Check this out!  
["That Guy"](#)

> New: Salsa Dance  
Class: Wed. 1930-  
2030 at Paige  
Fieldhouse. Call 763-4070 for more info.



## SEMPER LIFE



Find out what MCCS is all about. Watch a quick video and see all we have to offer.

**MCCS** Community Services

[Click Here To Watch Video](#)

THE FEW,  
THE PROUD  
ONLY ONE  
STRONGEST WARRIOR

**SEPTEMBER 28, 2007**

[CLICK HERE FOR DETAILS](#)



# Marine Corps Community Services One Source

Go to:

[http://www.mccscp.com/family\\_services/onesource/index](http://www.mccscp.com/family_services/onesource/index).

[E-NEWSLETTER SIGN-UP](#) | [SPONSORSHIP](#)

**mccsCP.com** Camp Pendleton

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[Jobs](#)

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Download: [MCCS One Source Flier](#) (67k Adobe Acrobat PDF)

Announcing MCCS One Source a free service member & family resource program to help make your life a little easier. Do you sometimes feel there's too much piling up in your life? The mission. Home. Relationships. Bills. Stress. But never enough time for yourself?

That's why the Marine Corps provides the MCCS One Source program—a free Marine & family resource program to help make your life a little easier. Online or by phone, MCCS One Source is fast, confidential, and easy to use. It's pre-paid. And best of all, it's there for you any time of the day or night, wherever you are. The program can give you information, advice, and support on a wide range of everyday issues, including:

- Parenting and child care
- Finance
- Education
- Legal
- Older adults
- Everyday issues

## 6 ON-BASE COLLEGES accepting Military Tuition Assistance.

- **Central Michigan University**  
725-0485
- **Central Texas College**  
725-6386
- **Embry - Riddle  
Aeronautical University**  
385-0152
- **National University**  
268-1533
- **Palomar College**  
725-6660
- **Park University**  
725-6858





# How to contact your Marine or Sailor

Go to:

<http://www.usmc.mil/11thmeu/Contact-your-Marine-Sailor.htm>

## Family Information

How to contact your Marine or Sailor  
via mail

Rank, Name  
Attn: (Section)  
COMMAND ELEMENT 11TH MEU  
Unit Number 42520  
FPO AP 96610-2520

See the 11th MEU Postal Section's PowerPoint presentations

by clicking on the links below

[Sending Mail](#)

[Sending MotoMail](#)

# How to contact your Marine or Sailor via email

- Type in:
- Last Name, First and Middle Initial(s)+@tarawa.usmc.mil

Examples:

- Capt. Beverly V. Miramontes, PAO  
miramontesbv@tarawa.usmc.mil
- SSgt. Sergio Jimenez, PA Chief  
jimenezs@tarawa.usmc.mil

# **Media Issues**

**Capt Beverly  
Miramontes  
Public Affairs Officer**

# **Camp Pendleton Media**

**725-5043**

**725-5044**



# Questions

**? ? ? ? ?**

# **Commanding Officer**

## **Colonel J.W. Bullard**

